

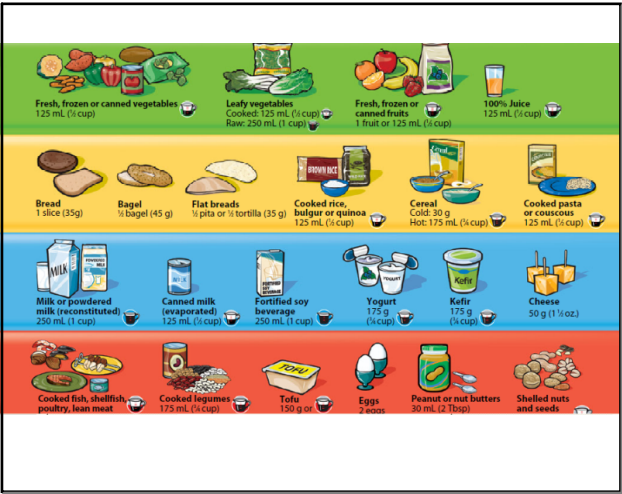
Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Recommended Number of Food Guide Servings per Day									
Age in Years Sex	Children			Teens		Adults		51+	
	2-3	4-8	9-13	14-18	19-50	51+	51+	51+	51+
	Girls and Boys	Girls and Boys	Females	Males	Females	Males	Females	Males	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

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How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

- 250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 Vegetables and Fruit Food Guide Servings
- 75 g (2 1/2 oz.) lean beef = 1 Meat and Alternatives Food Guide Serving
- 250 mL (1 cup) brown rice = 2 Grain Products Food Guide Servings
- 5 mL (1 tsp) canola oil = part of your Oils and Fats intake for the day
- 250 mL (1 cup) 1% milk = 1 Milk and Alternatives Food Guide Serving
- 1 apple = 1 Vegetables and Fruit Food Guide Serving

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Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight. It is recommended that adults accumulate at least 2 1/2 hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

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My Food Guide Servings Tracker

NAME: _____ DATE: _____

FEMALE AGED 14-18

Vegetables and Fruit

1 Food Guide Serving = 125 mL (1/2 cup) leafy greens, beans or canned vegetables or fruit or 100% juice or 1 piece of fruit

Grain Products

1 Food Guide Serving = 1 slice (1/2 of bread or 1/4 pizza or tortilla) 125 g (1/2 cup) cooked rice, pasta or cereals or 30 g (1/4 cup) hot cereal

Milk and Alternatives

1 Food Guide Serving = 250 mL (1 cup) milk or fortified soy beverage or 175 g (1/2 cup) yogurt or 50 g (1/4 cup) cheese

Meat and Alternatives

1 Food Guide Serving = 75 g (1/2 cup) cooked fish, shellfish, poultry or lean meat or 175 g (1/2 cup) cooked legumes or tofu or 30 g (1/4 cup) peanut butter or 30 g (1/4 cup) nuts and seeds

Oils and Fats

Includes small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Checklist:

- ☐ Eat at least one dark green and one orange vegetable each day.
- ☐ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- ☐ Have vegetables and fruit more often than juice.
- ☐ Make at least half of your grain products whole grain each day.
- ☐ Choose grain products that are lower in fat, sugar or salt.
- ☐ Drink milk, 1% or 2% milk each day.
- ☐ Select lower fat milk alternatives.
- ☐ Have meat alternatives such as beans, lentils and tofu often.
- ☐ Eat at least two Food Guide Servings of fish each week.
- ☐ Select lean meat and alternatives prepared with little or no added fat or salt.
- ☐ Satisfy your thirst with water.
- ☐ Limit food and beverages high in calories, fat, sugar or salt.
- ☐ Be active every day for at least 30 minutes.

For more information and to view copies of Canada's Food Guide visit www.healthcanada.gc.ca/foodguide

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My Food Guide Servings Tracker
FOOD INTAKE RECORD

NAME: _____ DATE: _____

	MEAL	VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES	EGGS AND PULSES	FOODS TO LIMIT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
TOTAL NUMBER OF FOOD GUIDE SERVINGS							

Limit: Foods and beverages high in calories, fat, sugar or salt.

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Estimated Energy Requirements

Males (Calories per day)

Age	Sedentary ¹	Low Active ²	Active ³
2-3 y	1100	1350	1500
4-5 y	1250	1450	1650
6-7 y	1400	1600	1800
8-9 y	1500	1750	2000
10-11 y	1700	2000	2300
12-13 y	1900	2250	2600
14-16 y	2300	2700	3100
17-18 y	2450	2900	3300
19-30 y	2500	2700	3000
31-50 y	2350	2600	2900
51-70 y	2150	2350	2650
71 y +	2000	2200	2500

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Females (Calories per day)

Age	Sedentary ¹	Low Active ²	Active ³
2-3 y	1100	1250	1400
4-5 y	1200	1350	1500
6-7 y	1300	1500	1700
8-9 y	1400	1600	1850
10-11 y	1500	1800	2050
12-13 y	1700	2000	2250
14-16 y	1750	2100	2350
17-18 y	1750	2100	2400
19-30 y	1900	2100	2350
31-50 y	1800	2000	2250
51-70 y	1650	1850	2100
71 y +	1550	1750	2000

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Online Calculators

http://www.caloriesperhour.com/index_food.php

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